

Health Homes Herald

November, 2013

Volume 1, Issue 2

Helping people live healthier lives by integrating and coordinating services and supports to treat the “whole-person” across the lifespan.

Monthly Update

October and November have been busy months in the development of Health Homes in Kansas.

After a productive Focus Group meeting on October 25th, November has brought many opportunities for dialogue with consumers and providers across the state — reports from some of these meetings are included in this issue of the newsletter.

Also, look for the new Health Homes website to be up this month, providing you with additional information and resources about Health Homes in Kansas.

A special thanks to the Sunflower Foundation which funded an opportunity for State staff to meet with representatives from Cherokee Health Systems from Tennessee about their experience with integrated care and how this might inform the

Health Homes initiative.

We hope that this issue of the Health Homes Herald will help you stay up-to-date with all that is happening across the state in preparation for the Health Homes implementation.

If you have questions about anything in this issue please remember to check our website

http://www.kancare.ks.gov/health_home.htm

Health Homes Focus Group

With the approach of Health Homes in Kansas, a decision has been made to use the Focus Group as an opportunity to transition stakeholders to the activities being undertaken by the Learning Collaborative.

Scott Wituk's team will be facilitating the meetings in the future

and will work to ensure that the Learning Collaborative is a useful place where providers and consumers can work together to ensure that Health Homes in Kansas is a success.

There is a special need for consumer and primary care provider representation.

If you are interested in Health Homes, you can still contact a focus group member in your area of interest for more information on how Health Homes might impact you. A list of focus group members is available here:

<http://www.kancare.ks.gov/download/>

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Upcoming Events

- Sunflower Meetings with Providers — Nov, 15, 2013: Garden City, 9:00 to 10:00am
- Sunflower Meetings with Providers — Nov, 19, 2013: Great Bend, 10:00 to 11:30am
- Sunflower Meetings with Providers — Nov, 22, 2013: Overland Park, 9:00 to 10:30am
- Watch for other Sunflower Meetings to be scheduled



Consumers' Frequently Asked Questions

Can I still keep my case manager and be in a health home?

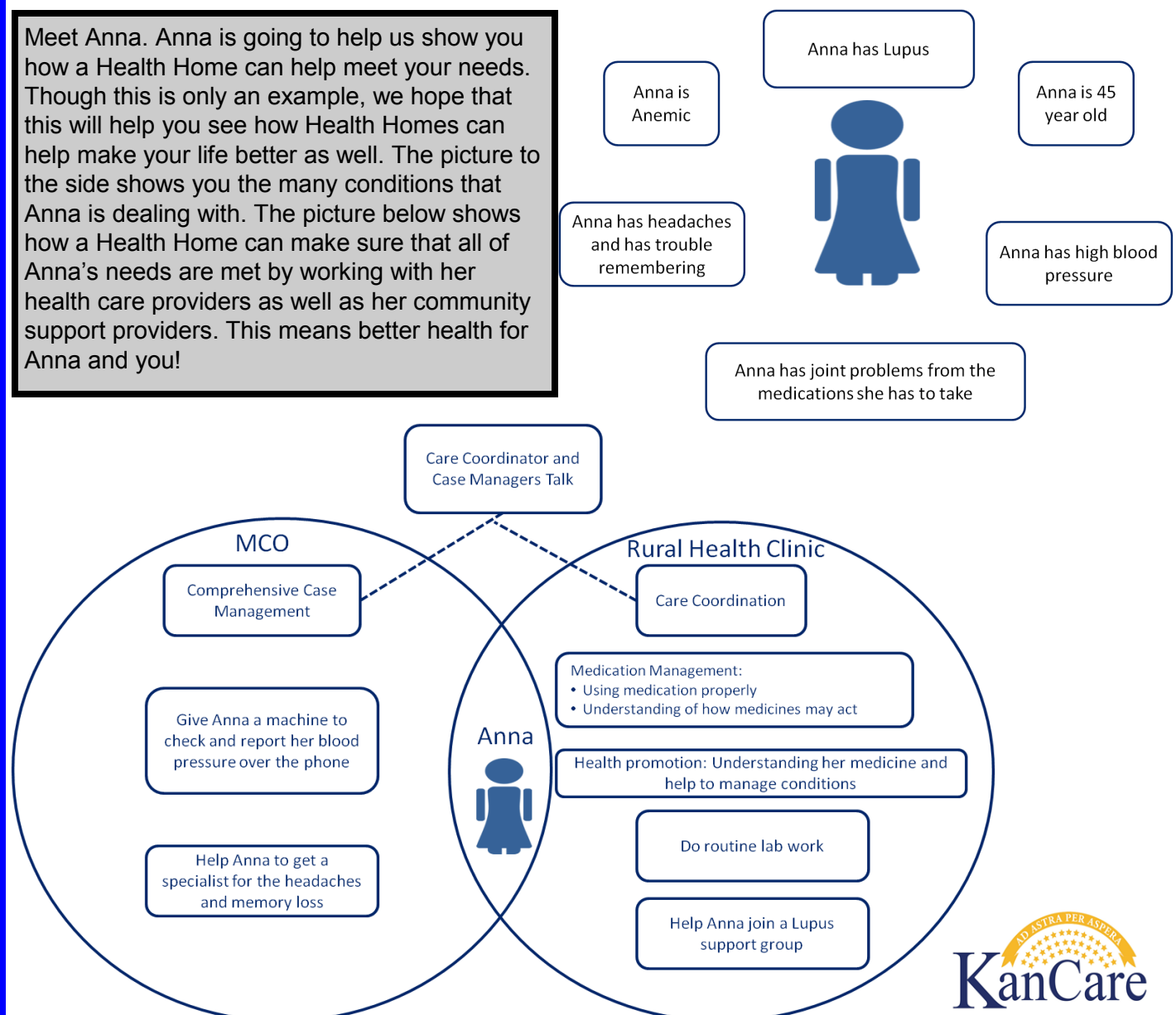
If your case manager works for your Health Home Partner, they will still provide you services through the Health Home. If your case manager doesn't work for your Health Home Partner, the Health Home Partner or your KanCare MCO will have an agreement with your case manager so you can receive services from your case manager.

Who decides when a person needs a health home?

Most of the time, MCOs will identify a person based on their medical or behavioral conditions. MCOs will also look at the amount and type of services the person has been using. The person will receive a letter telling them about the health home assignment. They will have a chance to "opt out" (choose not to be in a health home). They can also choose a different health home at that time.

Example Of How A Health Home Can Help

Meet Anna. Anna is going to help us show you how a Health Home can help meet your needs. Though this is only an example, we hope that this will help you see how Health Homes can help make your life better as well. The picture to the side shows you the many conditions that Anna is dealing with. The picture below shows how a Health Home can make sure that all of Anna's needs are met by working with her health care providers as well as her community support providers. This means better health for Anna and you!



Input Gathered from Kansas Stakeholders Regarding Future of KS Health Home Learning Collaborative

Over the past several months, the Center for Community Support and Research CCSR at Wichita State University has gathered information from other states regarding their Health Home Learning Collaboratives.

Often states use a learning collaborative as an opportunity for Health Home stakeholders to learn from each other about promising practices, identifying common challenges and how to overcome them, and generating

new ideas for improving services. Most recently, CCSR has turned its attention to interviewing Kansas Health Home Stakeholders. During the next month approximately 30 individuals involved in the Kansas Health Homes Initiative will be interviewed about their recommendations for a Kansas Health Home Learning Collaborative.

Lasting between 30 to 45 minutes, interviews include

Feedback from other states and the Kansas stakeholder interviews will be included in a summary report.

For more information about the health homes learning collaborative, contact Scott Wituk, Executive Director at CCSR, at (316) 978-3327 or scott.wituk@wichita.edu

Opportunities for Provider Discussion and Input on the Health Home Model in Their Community

Sunflower State Health Plan is hosting a series of initial discussions in communities across Kansas to obtain input and feedback on issues related to Health Homes.

Three meetings have already occurred and feedback and dialogue has been helpful.

Future discussions will cover a variety of topics and questions will be answered from the audience. Special attention will be devoted to explaining the following:

1) how health homes can facilitate transformation of delivery of health care in each community.

2) How community providers may collaborate to achieve high quality of care and better outcomes through health homes.

3) What health home model may work best in your community.

4) What role and tools are beneficial for Sunflower State Health Plan to provide.

Currently there are four upcoming meetings scheduled:

- Nov. 14th –Wichita, KS
- Nov. 15th –Garden City, KS
- Nov. 19th –Great Bend, KS
- Nov. 22nd –Overland Park, KS

If you are unable to attend these meetings don't worry! There may be additional meetings scheduled in the future.

Those interested in attending may RSVP by contacting Crystal Paulik at: 913-333-4713 or by E-Mail at: ksproviderevents@sunflowerstatehealth.com



November Health News

November 21 is the Great American Smoke-out – the day everyone is encouraged to quit smoking, even for one day.

The CDC reports that tobacco smoke contains a deadly mix of more than 7,000 chemicals; hundreds are toxic, and about 70 can cause cancer. Tobacco smoke can cause serious health problems, numerous diseases, and death.

But the good news is that people who stop smoking greatly reduce their risk for disease and premature death. Although the health benefits are greater for people who stop at earlier ages, cessation is beneficial at all ages. Even better, the CDC reports that today there are more former smokers than current smokers!

As we move towards Health Homes in Kansas, we'd like to encourage everyone to consider participating in the Great American Smoke Out.

Tobacco use can lead to tobacco/nicotine dependence and serious health problems.

Cessation, though difficult, can significantly reduce the risk of suffering from smoking-related diseases.

Smoking cessation is associated with the following health benefits:

- Smoking cessation lowers the risk for lung and other types of cancer.
- Smoking cessation reduces the risk for coronary heart disease, stroke, and peripheral vascular disease. Coronary heart disease risk is substantially reduced within 1 to 2 years of quitting.
- Smoking cessation reduces respiratory symptoms, such as coughing, wheezing, and shortness of breath. The rate of decline in lung function is slower among people who quit smoking than among those who continue to smoke.

- Smoking cessation reduces the risk of developing chronic obstructive pulmonary disease (COPD), one of the leading causes of death in the United States.
- Smoking cessation by women during their reproductive years reduces the risk for infertility. Women who stop smoking during pregnancy also reduce their risk of having a low birth weight baby.

Tobacco/nicotine dependence is a chronic condition that often requires repeated interventions, but effective treatments and helpful resources exist. For more information about quitting smoking please visit the CDC's website:

http://www.cdc.gov/tobacco/data_statistics/fact_sheets/cessation/quitting/

Questions?

If you have questions, or would like more information about health homes in Kansas, please contact us. Our page on the KanCare website also contains information about the Health Homes project and documents are being updated regularly.

Phone: 1-785-296-3981

Email: healthhomes@kdheks.gov

Website:

http://www.kancare.ks.gov/health_home.htm

